

# COPD - Adult Asthma

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## ***Follow Treatment Advice***

Be sure to take your medications and follow your healthcare provider's advice on how to treat your disease.

If you have any questions—ASK!

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## **Think Ahead! Tips on Talking to Your Healthcare Provider About Your Asthma**

### **Speak up:**

- Let your healthcare provider know of any symptoms or problems you are having with your asthma. Writing down your symptoms and what you were doing when you had them is a good idea. This will provide good information that will help both you and your healthcare provider make adjustments to your treatment plan.
- What are your symptoms?
- How often do you have symptoms?
- Have your symptoms been getting worse?
- Talk with your healthcare provider about your asthma action plan and what you can do to improve your asthma.
- When your healthcare provider asks you questions, answer honestly.



### **Keep it simple:**

- If you do not understand something your healthcare provider says, ask them to explain in more detail.
- Be sure that you know how to take any medications you are given.
- If you are worried about understanding what the healthcare provider says, or if you have trouble hearing, bring a friend or relative with you to your appointment. You may want to ask that person to write down the healthcare provider's instructions for you.
- Ask your healthcare provider for educational materials related to asthma.

Keep all your scheduled appointments with your healthcare provider. Take the time to learn about new treatments that may improve your asthma control.

## How Can You Prevent Your COPD From Getting Worse?

Take your medication and follow your treatment plan as ordered by your healthcare provider. This can help you decrease the symptoms and slow the progress of COPD.

**STOP SMOKING!!** It is the most important thing you can do to prevent more lung damage.

### Prepare Yourself to Quit:

- Set a date to stop smoking and write it down on your calendar.
- Make a list of things that may make it hard to quit.
- Get support from family and friends. Ask friends and family who smoke to join you in quitting.

### To Be Successful:

- Remove the smell of tobacco by cleaning your house and car.
- Don't keep cigarettes, cigars or tobacco products around. Get rid of lighters, ashtrays and matches.
- Keep plenty of carrot or celery sticks, suckers, hard candies and gum on hand for those times when you are tempted to use tobacco products.

**Talk with your healthcare provider or your "Quit" smoking program to see what services are available to help you break the habit.**

**Call Kentucky's Tobacco Quit Line**

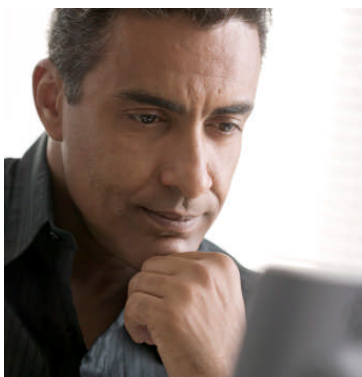
**1-800-QUIT NOW**

**or 1-800-784-8669**



## If you have Asthma or COPD:

**Ask yourself these questions:**



1. What are my concerns about my asthma, COPD or my treatment?
2. Have I had any problems with my medication?
3. What activities has my asthma or COPD kept me from doing?
4. Have I missed any work because of my asthma or COPD?
5. Have I been able to follow my treatment plan?
6. Have I had to go to the Emergency Department or been admitted to the hospital?

Make sure to schedule an appointment with your healthcare provider to discuss any issues.

# Asthma Action Plan

(Ask your healthcare provider if he or she wishes to help you use this page.)

Asthma Action Plan for \_\_\_\_\_

Date \_\_\_\_\_

Healthcare Provider's Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Hospital/Emergency Room Phone Number \_\_\_\_\_

## GREEN ZONE: Doing Well

- No cough, wheeze, chest tightness, or shortness of breath during the day or night
- Can do usual activities

And, if a peak flow meter is used,

**Peak flow:** more than \_\_\_\_\_  
(80% or more of my best peak flow)

My best peak flow is: \_\_\_\_\_

### Take These Long-Term-Control Medicines Each Day (include an anti-inflammatory)

Medicine	How much to take	When to take it

### Before Exercise

☐ \_\_\_\_\_ ☐ 2 or ☐ 4 puffs 5 to 60 minutes before exercise

## YELLOW ZONE: Asthma is Getting Worse

- Cough, wheeze, chest tightness, or shortness of breath, or
- Waking at night due to asthma, or
- Can do some, but not all, usual activities

OR

**Peak flow:** \_\_\_\_\_ to \_\_\_\_\_  
(50% - 79% of my best peak flow)



Add: Quick-Relief Medicine-and keep taking your GREEN ZONE medicine

\_\_\_\_\_ ☐ 2 or ☐ 4 puffs, every 20 minutes for up to 1 hr  
(short-acting beta<sub>2</sub>-agonist) ☐ Nebulizer, once

If your symptoms (and peak flow, if used) *return to GREEN ZONE* after 1 hour of above treatment:

☐ Continue monitoring to be sure you stay in the green zone.

OR

If your symptoms (and peak flow, if used) *do not return to GREEN ZONE* after 1 hour of above treatment:

☐ Take: \_\_\_\_\_ ☐ 2 or ☐ 4 puffs or ☐ Nebulizer  
(short-acting beta<sub>2</sub>-agonist)

☐ Add: \_\_\_\_\_ mg. per day for \_\_\_\_\_ (3-10) days  
(oral steroid)

☐ Call your healthcare provider ☐ before / ☐ within \_\_\_\_\_ hours after taking the oral steroid.

## RED ZONE: Medical Alert!

- Very short of breath, or
- Quick-relief medicines have not helped, or
- Cannot do usual activities, or
- Symptoms are same or get worse after 24 hours in Yellow Zone

OR

**Peak flow:** less than \_\_\_\_\_  
(50% of my best peak flow)

### Take this medicine:

☐ \_\_\_\_\_ ☐ 4 or ☐ 6 puffs or ☐ Nebulizer  
(short-acting beta<sub>2</sub>-agonist)

☐ \_\_\_\_\_ mg.  
(oral steroid)

**Then call your healthcare provider NOW.** Go to the hospital or call for an ambulance if:

- You are still in the red zone after 15 minutes AND
- You have not reached your healthcare provider.

## DANGER SIGNS

- Trouble walking and talking due to shortness of breath
- Lips or fingernails are blue



- Take ☐ 4 or ☐ 6 puffs of your quick-relief medicine AND
- Go to the hospital or call for an ambulance (\_\_\_\_\_) **NOW!**  
phone



Cabinet for Health and Family Services  
Department for Medicaid Services  
Medical Management and Quality Assurance  
275 E. Main Street, 6C-C  
Frankfort, Kentucky 40621

<http://chfs.ky.gov/dms/hi/default.htm>

## Did You Know?

A photograph of a field of yellow and orange flowers, possibly cosmos, under a bright sun with rays visible in a blue sky. The text is overlaid on the left side of the image.

**More than 120,000 Americans die each year from COPD.**

**More than 12 million people are diagnosed with COPD.**

**An additional 12 million people likely have COPD and do not even know it.**

*This information is for educational purposes, it is not intended to replace medical advice from your healthcare provider.  
Please consult your healthcare provider for advice about a specific medical condition.*